

# DO YOU WANT NOT TO FEAR DEATH?

HOLY WOMEN'S MONASTERY OF  
"SAINT THEODOSIUS THE COENOBIArch"



Translated from the original Greek:

*Θέλεις να μή Φοβάσαι το Θάνατο;*

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## **FOREWORD**

I, who write the following, have lost a father, mother, brothers, relatives, and beloved souls who were very dear to me.

Therefore, I do not write theories, comforting words, or easy teachings for young students without having experienced the bitterness and pain of separation. I have felt this way since I was a small child and throughout all my subsequent years.

That is why I searched, found, and lived a way to not fear death, and I continue to live this way.

And because many, including you, dear soul, fear it, I write to you with love the following few words, which outline the way to not fear death.

Read this tiny little book carefully, and you will find help. Please recommend it to others so that they may also be helped.

## **LIFE IN CREATION**

Look everywhere. On the ground. Inside the earth. High in the air. Above the sea. Inside the sea. In the depths of the oceans. On the lakes. Inside the lakes. Life exists everywhere, in various forms: plants, animals, birds, insects, fish, and whales. In different shapes and sizes, functioning in diverse ways. All are crafted with wisdom, science, and art. In everything, there is a clear care for life: to be nourished, to rejoice, to multiply, and to fill creation with life, movement, beauty, and grace.

Above all, the crown of creation is man, with a wonderful body, a magnificent soul, an amazing mind, a warm heart, and diverse divine gifts.

What do all these indicate? They indicate that the purpose of creation is life. Movement. Beauty. Joy. Life, therefore, or creation. Not death. That is why all creations yearn for life and turn away from death.

## **THE QUESTION**

And the question arises, of course, effortlessly, the double question.

1. Who created life? Who established the laws governing its function and existence? And who has maintained these laws for centuries? And

2. Who instilled the desire for life in creations from their embryonic state and why? Why does man, even from his mother's womb, shy away from death and yearn for life? Who instructed the newborn baby to breastfeed, how is the breast the life-giving source, and how must it move its little lips to drink the mother's milk? And then, who has heightened the desire for life throughout childhood, adolescence, adulthood, and even into old age? The endless life? The eternal?

What do the above passages convey that you have read? They convey that there is someone who possesses life, the power to sustain it eternally, and the desire and love to impart it to his creations, especially to the greatest and most significant of all: man.

## **WHO IS HE?**

This question has tormented humanity for centuries, as its answer is a matter of life or death. The answers formed various philosophical theories. Thus, even the most intelligent Greeks of antiquity came to believe in and worship many gods, one for each manifestation of life—such was the need of their mind, soul, and heart.

But these gods were anthropomorphic and human-like. They had their mistakes and passions. Therefore, believing in them and living according to their example led to a misguided path—to errors, passions, and even crimes! For this reason, they sought another God—perfect and holy. This search was shown by their altar in Athens for Him: To the Unknown God.

## **SO?**

Did this unknown remain, and would it remain forever unknown? And would people live in the cold darkness of ignorance? Would they always have existential questions:

- Who is the creator of the world?
- Why did he create me?
- What is he to me?

- Since a grain of wheat retains its life force for three thousand years, why does the crown of creation fade away in 60, 70, or 90 years?
- Will this unknown God not speak to us?
- Will He not appear to tell me the crystal-clear truth about myself?
- Will He not assure me whether I will have endless life, and where and how?
- Is He a loving father or a harsh and wild master? An all-powerful satrap and emperor?
- So? Will the Creator not speak to us?

### **DID HE NEVER SPEAK?**

You say, the one who created the beautiful world, scattered and maintained life everywhere.

As science and experience confirm, He has shown and continues to show His love and care even for the smallest creations—the tiny little ant and the smallest animal. He cares for their food, changing their summer and winter clothing even when the time comes.

He dresses even the smallest flower in such beautifully designed attire, making it fragrant with an ethereal scent.

He, you say, did not speak to man? Did He not tell him who He is and what man means to Him? Impossible.

He spoke to him in ancient times as much as he could understand then, just as we speak to our little child, according to the ability and receptiveness of his mind, soul, and heart.

### **SO MUCH HE LOVED HIM!**

He spoke to him, therefore. And not only that. He loved him so much that He even sent His Son as a man to earth. Close to him. Beside him. To tell him and show him through miraculous events the whole joyful truth:

- That man is the beloved child of God - Father - Creator.
- Brother and co-heir of the Son and God and Saviour, Lord Jesus Christ.
- That he has an immortal soul worth more than the entire world.

- That life on earth is the prelude to the eternal joy in heaven.
- Every sorrow and difficulty is an exercise of his soul to partake in His holiness.

And not only these precious gifts. He has given and continues to give - He has given me and gives you the most precious gifts:

- His Holy Body and
- His Precious Blood, the food of eternal life!

The All-Holy and Almighty God dwells entirely within us.

### **HERE IS THE ANSWER**

The truth about who the Creator is and what man is has been revealed to us by God Himself - the Father - Creator through His Son, the God-man Jesus Christ.

And concerning death, He did not only speak but demonstrated through His astonishing miracles that death is the separation of the earthly mortal body from the immortal soul:

- "Little girl, arise!" He called to the twelve-year-old girl who was dead, and she was resurrected. Her little soul returned to her lifeless body.
- "Young man, I say to you, arise!" He commanded the dead young boy, the only son of his widowed mother, and behold, he rose and sat up on his coffin.
- "Lazarus, come forth!" He called, and there he was, standing at the entrance of the tomb, Lazarus, wrapped in grave clothes, dead for four days!
- "He stinks, Lord," said his sister; "He has been dead for four days."
- "If you believe, you will see the power of God," He told her.

And she saw Him, majestic, life-giving, and joyful!

### **THE WAY**

The way, therefore, that I do not fear death is the all-bright knowledge and absolute certainty that:

- The All-Good and Almighty God - Father - Creator is love. Infinite and perfect. Life-giving.
- That I am His beloved child, cherished a thousand times.
- Death is a temporary separation of the immortal soul from the mortal earthly body, as demonstrated by the miraculous events of our Lord Jesus Christ's resurrections and the transition to true life.

I believe these deeply, with all my being, because they are heavenly truths confirmed by astonishing events. Thus, I live my life peacefully. Happily and joyfully. And I do not fear death because my Risen Christ assures me, just as He did the thief on the Cross: "Today you will be with me in Paradise" - your repentance for your sins and your faith in me bring you to the joys of Paradise today!

### **THERE IS NO OTHER**

Pay attention to me.  
 I have told you the way.  
 I had not known it since my adolescence.  
 I was worried.  
 I read the world's books at sixteen.  
 I asked.  
 I searched.  
 I observed.  
 I was tormented.  
 I was enslaved.

And, finally, thank God, I found the way.  
 The one and only.

Pay attention to me!

There is no other.  
 Do not doubt.  
 Do not be sceptical.  
 You will suffer as long as you do not believe in Him, who is the way of God - of love.  
 Believe in Him with all your being.  
 And then you will not fear death.

## **THOSE WHO LIVED HIM**

Look and marvel at those who lived in this way; not only did they embrace death without fear, but they approached it with smiles on their lips!

Ten million souls in just the first three centuries after the coming of the Life-Giving!

And how many more came afterwards?

And glorious commanders.

And brave officers.

And fathers with many children.

And sweetest mothers - noble ladies.

And tender, beautiful girls.

And tall, strong young men.

And fifteen-year-old teenagers - like Saint Marina.

And twelve-year-old children - like Saint Tarsicius.

And not just smiles but also incredible miracles in their martyrdoms, with angelic presence beside them and the voice of the Lord above them.

This is what such a way accomplished.

## **AND IN OUR DAYS**

Tell me, what other way could have comforted Mother Irini, who buried her sixteen-year-old son after a fatal accident just a few months before these lines were written, to say: - Our Fotis was sent as a flower to Paradise?

What other way?

What way provided twenty years of strength to the paralysed teacher suffering from cancer, enduring painful daily consequences, to continue her work with disabled children and die peacefully, like Antonia?

And what other way brought the joyful words to the lips of the martyred priest Father Michael, always concluding with the phrase: - Lord, receive my spirit?

And what other way gave strength to her husband, who saw them lowering his beloved wife into the freshly dug grave, to say: - Safe travels, my dear Maria?

Who?

Do you know any other way?

**CHRIST IS RISEN!  
JESUS HAS RISEN  
FROM THE TOMB  
HE HAS GRANTED US  
ETERNAL LIFE  
AND GREAT MERCY.**